



Camp T1D Kids Handbook For Car Riders

Please read this handbook thoroughly. It contains important information that you and your child should know before coming to camp. We thank you for partnering with us to help make camp a success for your child and your family. THIS HANDBOOK IS FOR CAMPERS WHO ARE **DRIVING TO CAMP**. If your child is pre-enrolled to take the bus please view the Handbook for Bus Riders.



What's Inside:

- ❖ Quick Reference
- ❖ Fees, Forms, Cancellations, Insurance
- ❖ What to Pack
- ❖ Contacting Your Child
- ❖ Diabetes Care
- ❖ Food Allergies & Special Diet
- ❖ Tips for Preparing Your Child
- ❖ Camper Expectations & Rules
- ❖ Technology & Cell Phones
- ❖ Frequently Asked Questions
- ❖ Important Transportation Information

A World of Education, Inspiration and Support

The mission of DYF is to improve the quality of life for children, teens and families affected by diabetes. The organization provides education, and recreation within a supportive community, encouraging personal growth, knowledge and independence.

Quick Reference Guide



Camp Dates:	September 14-15, 2024
Camp Location:	Camp Arroyo
Camp Address:	5555 Arroyo Road Livermore, CA 94550
September 14 Drop-Off at Camp:	10:00 AM
September 15 Pick-Up at Camp:	1:00 PM
Questions:	
Registration, paperwork and bus questions	925.680.4994 (DYF)
Camp program questions pre-camp	925.680.4994 (DYF)
Camp questions during camp	925.315.1341 (Camp Arroyo)
After-hours emergencies only during camp	530.391.3566 *note - it may take up to four hours to respond pending location of staff and activities occurring at camp.
Camp Director:	Whitney Wright, Program Director

CAMP FORMS, CANCELLATIONS AND INSURANCE

Please complete all on-line forms by the date indicated under your family's profile by September 11, 2024.

Refunds

Refunds will not be awarded for cancellations prior to the start of the session unless for medical reasons (unforeseen illness).

PACKING FOR CAMP

Camp is located in the Livermore foothills. The weather varies dramatically from day to night and can often range from the 30's to the 90's Fahrenheit. Each camper must have an adequate supply of warm clothing to layer.

To Consider

- Do not buy or bring new clothes to camp. Comfortable clothes are all that is needed.
- If your child wets the bed, please send a second sleeping bag. Staff will discreetly wash out wet sleep bags on Saturday morning.
- Please clearly label all of your child's belongings. Please note that due to high mailing expenses, families will be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- DYF bears no responsibility for damage to or loss of any items that are brought to camp.

Things Your Child Should NOT Bring to Camp

- ❶ Expensive jewelry and/or personal sports equipment (unless expressed permission is given directly from the Camp Director) including skateboards, archery equipment, or baseball equipment.
- ❶ Alcohol, illegal drugs, tobacco, fire arms, knives (including pocket knives) or weapons.
- ❶ Electronics including video games, iPads, laptops.
- ❶ Food. Please do not send packages with food items.
- ❶ Pets and animals.
- ❶ Any modes of transportation including cars, bikes, skateboards, scooters.
- ❶ Diabetes supplies – except pump and sensor supplies. Camp provides low supplies, syringes, insulin, glucagon, and so on.

PACKING GUIDE



CLOTHING

- 1-2 long pants or jeans
- 1 long sleeved shirts
- 1-2 t-shirts and shorts
- 2-3 pairs of underwear and socks
- 1 swimsuit
- 1-2 warm pajamas
- 1 poncho or other rain gear
- 1 pair of sandals or thong sandals
- 1 pairs of running shoes/ hiking shoes
- 1 warm jacket/1 warm hat
- 1 hat with brim for sun
- sunglasses (optional)

DIABETES SUPPLIES – (please label EVERYTHING)

- infusion sets and reservoirs (1 per day) in a large plastic bag with the child's full name
- pump battery or charging cord
- IV prep/numbing cream (if applicable)
- An extra CGM sensor
- If not on a CGM- bring meter, test strips and lancing device

OPTIONAL ITEMS

- camera
- playing cards/book/magazine
- musical instrument

TOILETRIES

- 1 towel
- Toothbrush/toothpaste
- sunscreen (SPF 15 or better)
- soap/shampoo/conditioner
- comb/hairbrush
- shower shoes or sandals
- chapstick/petroleum jelly
- skin lotion/bug spray

EQUIPMENT

- 1 warm sleeping bag + 1 extra blanket
- water bottle
- pillow with case
- bottom sheet/mattress cover
- flashlight with extra batteries

CONTACTING YOUR CHILD AT CAMP



Mail

Due to the short nature of the program, mail/emails cannot be delivered to campers.



Telephone Calls, Visits and Contacting Camp

Missing home or being anxious about being away is natural for children and parents. Camp, with its supportive staff and volunteers, is the best place to allow your child to work through these feelings. We discourage parent visits at camp and do not allow phone calls between home and campers during session. Those who are expecting a call or a visit hang on to worries about home and tend to be more prone to homesickness.

If your child's homesickness is a concern or you are worried while your child is at camp, please feel free to call us any time at camp. We would be happy, when possible, to put your child's counselor on the phone to chat with you about how your child is doing. We also never hesitate to call home if a concern arises about your child while he or she is at camp.

For questions, concerns, or to contact us in an emergency please note the following numbers, please be aware that it may take us minutes to hours to return your call, particularly those directly to camp, including calls made to the emergency line:

Registration, scholarship, paperwork and bus questions:	925.680.4994 x 105
Camp questions pre-camp:	925.680.4994 x 102
Camp questions during camp:	925.315.1341
After-hours emergencies only during camp:	530.391.3566 *May take up to four hours to respond.

DIABETES CARE

Camp will provide the majority of the medical supplies, such as insulin, syringes, meters and test strips. All medical information will be verified before the start of camp. Campers will be under the care of nurses and doctors, including those from Kaiser Roseville. Due to the energetic nature of camp, health professionals may make changes to your child's diabetes regimen.

An Important Message about Your Child's Blood Glucose Levels at Camp

Your child's blood sugar level may run lower or higher during their stay at camp. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, length of stay, excitement and so on, will affect your child's blood sugar levels. Please know that camp works diligently to fine tune your child's diabetes control during their stay, however, it is not always possible for our staff to maintain the same control as your child has had at home due to the many variables of the camp environment.

FOOD ALLERGIES & SPECIAL DIETS ACCOMMODATIONS

DYF's programs are able to accommodate the following food allergies and special diets in the following ways:

✔ **Peanut Allergies:** The kitchen does not knowingly use peanuts in snacks or meals prepared on site. We serve soy butter. While we do our best **we cannot guarantee** that our facility is 100% free of peanut products.

✔ **Nut Allergies:** We are able to provide substitute meals and snacks prepared with nuts for those with other nut allergies. **We cannot guarantee that the facility will be entirely nut free.**

✔ **Celiac Disease:** We will provide gluten-free meals and snacks for those who are medically diagnosed with celiac sprue disease or under doctor's orders not to consume gluten. We are unable to accommodate those who have voluntarily elected to remove gluten from their diets. While we do our very best to prevent cross contamination we **cannot guarantee a 100% gluten free environment.**

✔ **Vegetarian:** Our resident camps have vegetarian friendly options at every meal. Campers who identify as vegetarian must **ALWAYS** eat from the vegetarian line. Meaning, if your child eats chicken but not red meat and your child is signed up for the vegetarian option, we ask that the child eats the vegetarian option only.

We are **UNABLE** to accommodate the following diets:

🚫 Vegan

🚫 Egg Allergies

🚫 Lactose Intolerance (Beyond offering soy milk & alternatives to ice cream, yogurt & cheese snacks)

🚫 Kosher

If you are affected by a diet we do not accommodate or have other dietary concerns you wish to discuss please contact the Program Department at 925.680.4994 or by email at wright@dyf.org.

TIPS FOR PREPARING YOUR CHILD FOR CAMP

The following items are suggestions about what you as a parent might discuss with your child before he or she goes to camp that will help your child be more successful once he or she is there.

- ✔ Every camper is part of a group, and we expect you to cooperate and help out.
- ✔ If you are having a problem, your counselor is there to help you. You don't have to wait to tell us, you can tell your counselor.
- ✔ Clean-up is part of camp. We expect you to participate.
- ✔ There are many new things at camp, and you may not like them all or be as good at some as you are at others. We expect you to try!
- ✔ Go about making a new friend or two. If you are timid/shy about meeting someone new, ask about what they like and be a good listener.
- ✔ Not everyone has to be your friend, and you don't have to be everyone else's friend. If you have one or two good friends at camp, that's great! Everyone, however, is to be treated with respect.

If you are concerned that your child may have difficulty in adapting to camp life, please feel free to contact camp at any time during your child's stay for information regarding your child and how he or she is doing.

CAMP RULES

Any camper who takes away from the quality of another camper's experience will need to be picked up by their parent/legal guardian to return home immediately. No refund of camp fees will be issued for campers who are asked to leave. Please be sure to discuss this policy and our rules with your child.

- Smoking and use of any tobacco products is not permitted at camp or on the bus to and from camp.
- The use of, or presence of, alcohol and/or drugs are not permitted.
- Campers will not engage in sexual contact of any nature nor form exclusive relationships.
- Campers must remain in their cabins throughout the night and pre-breakfast unless accompanied by a staff member.
- Campers will not bring candy or food items not previously approved by the health professional team or Camp Director or receive them in packages.
- Campers are expected to help keep camp clean by keeping their beds clean, helping to clean up their tables in the dining hall, and performing assigned cleaning duties.
- Clothing must be comfortable and appropriate for engaging in camp activities.
- Participants will respect themselves and others, the facility and its surrounding property.
- Participants will focus on courtesy, cooperation, respect and responsibility and will not intentionally harm another person or themselves physically or emotionally. Fighting, foul language, racist language, name calling, bullying and threats are not tolerated.
- Participants are expected to follow the rules. Behavior that is inappropriate or unsafe is not tolerated. Behaviors that are inappropriate will result in removal from the program and may prevent participation in future programs.

Please note that a parent or legal guardian must be available to pick up their child at any time during their child's stay at camp. If a parent refuses to pick up a child or refuses to make arrangements to have a child picked up, child protective services will be called.

CAMPER POLICY ON SOCIAL NETWORKING, PERSONAL WEBSITES & INTERNET BLOGS

In general, DYF views social networking sites (e.g. Facebook), personal websites and web blogs positively and respects the rights of participants to use them as a medium of self-expression. If a participant chooses to identify him or herself as a participant at our camp on such Internet venues, some readers of such Web sites or blogs may view the participant as a representative or spokesperson of the camp. In light of that possibility, our organization requires, as a condition of participation in our programs, that participants observe the following guidelines when referring to our programs, activities, participants, and/or employees/volunteers, in a blog or on a web site.

1. Participants must be respectful in all communications and blogs related to or referencing our programs, employees, volunteers and other participants.
2. Participants must not use obscenities, profanity or vulgar language.
3. Participants must not use blogs or personal Web sites to disparage the organization's programs,

other participants, or employees or volunteers of the camp.

4. Participants must not use blogs or personal Web sites to harass, bully or intimidate other participants or employees/volunteers of the programs. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color or disability; sexually suggestive, humiliating or demeaning comments; and threats to stalk, haze, or physically injure another person or people.
5. Participants must not use blogs or personal Web sites to discuss engaging in conduct that is prohibited by program policies including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment and bullying.
6. DYF does not endorse the exchange of participant personal contact information with our Staff & Volunteers. This includes participants giving or getting email addresses, cell phone numbers, or friending on social medial sites. Once staff and volunteers leave the program, we cannot take responsibility for what happens between participants and staff & volunteers.

Any participant found to be in violation of any portion of this Social Networking and Blogging Policy will be subject to immediate disciplinary action, up to and including dismissal from the program or prevention from participating in future programs.



FREQUENTLY ASKED QUESTIONS BY PARENTS & CAMPERS



1. **Does my child need to bring diabetes supplies to camp?**

If your child uses an insulin pump - yes, please provide all pump supplies other than insulin. Camp provides insulin, meters, finger pokers, needles/syringes, and all of the other necessary diabetes supplies. Camp does not provide sensors, infusion sets, IV prep, batteries, or inserters, or special injecting devices. These items must be provided by the pump or pen user. Please clearly label all of your child's pump supplies and place them in a labeled zip lock baggie.

2. **My child and I are so used to carrying around our diabetes bag wherever we go. This is tough for us to give up. Why does camp provide most diabetes supplies?**

By using camp supplies we are sure that everything is safe and effective. Counselors will always have a diabetes bag on them with meters, supplies to treat low blood sugars and more. Insulin is also readily available 24 hours a day. It is stored in a safe and cool area to ensure that the insulin does not go bad. We know that it's tough on parents to think that their child won't have their diabetes bag on them; however, we think camp gives a great break for our campers from carrying it around and for parents to not have to worry about it.

3. **Can my child call me if they are homesick?**

Missing home is a normal part of summer camp whether a camper is new or returning. Children who call their parents when they are severely missing home tend to exhibit increased upset and anxiety. Counselors are trained to deal with missing home by engaging children in favorite activities, writing letters home, and talking about their feelings. If your child continues to exhibit signs missing of home, a call will be placed to you and appropriate steps will be taken in partnership with you, the parent. See "Helping your Child Prepare for Camp" on the previous pages for easy tips to reduce missing home.

4. **What if my child gets a stomach ache, a cold, or is not feeling well?**

Children who are not feeling well will be accompanied by a staff to the infirmary. The infirmary is staffed 24 hours a day and used for everything from bumps, bruises, and scrapes, to headaches, stomach aches, and colds. You will be notified if your child spends a night in the infirmary, or in the event of an injury.

5. **My child is scared that he won't make friends and won't know anybody. Is this normal and what can I tell him to help him adjust to the idea of going to camp?**

Going to camp for the first time can be a scary experience for both camper and parent. With that experience often comes the common fear that the camper won't fit in, won't make any friends and will be very homesick. From the minute your child steps on the bus to go to camp, or arrives at camp by car, camp staffs work hard to help your child feel very welcome and included. When your child arrives, he or she will have time to set up their space on their cabin with the help of the counselor. From that point on the first day is filled with getting to know cabin mates and staff through ice breakers, getting-to-know you games, sharing, singing, preparing skits and a fun campfire that helps make campers feel relaxed and at ease. We also go over expectations with campers so they know what to expect and understand the camp routine. Counselors will be checking in with your child very frequently to ensure that he or she is feeling supported. Campers are never left alone at camp.

6. **What is the most important thing that I can do as a parent to prepare my child for camp?**

Please talk to your child about their upcoming camp experience and what is expected of them while at camp (see "Preparing your Child for Camp"). Please be sure to fill out the forms in as much detail as possible so that we can best help your child while he or she is at camp. Last, please label every single item with your child's name, that you pack, this includes clothing, toiletries, diabetes supplies, backpacks and favorite stuffed animals. Children are devastated when they lose something at camp and this is the easiest way to help them get it back! It is much easier to identify the owner of items placed in lost and found when items are labeled.

LAST MINUTE CHECKLIST FOR THOSE WHO ARE DRIVING TO CAMP...



Please review on the day of departure if you are driving your child to camp.

Did you remember to? (Please check each when completed):

_____ Thoroughly review your Camp Kaiser Handbook including the "What to Pack list", the section on diabetes management and camp, and expectations of campers?

_____ Ensure your child has had their set changed the day camp starts (or the day prior) if they are a pumper?

_____ Clearly label each of your child's medications with first & last name and pack them so that they are easily accessible?

_____ Pack a warm sleeping bag with a flashlight & extra batteries, plus warm clothing that can be layered?

_____ If your child is a pumper or uses a special needle insertion device – pack and label all pump supplies & or device?

What will happen you arrive at camp?

A friendly reminder that parking is very limited at Camp T1D Kids due to the physical layout of the facility. We will do our best with the YMCA and Camp Arroyo staff to move cars in and out as efficiently and as quickly as possible. Thank you for your understanding.

When you arrive at camp you will be directed to the registration line. You will check-in, be instructed to meet with our Health Professional Staff, and have the opportunity to discuss any medical or diabetes concerns. You will help your child get settled, meet his or her counselor, and then depart.

Please arrive **no earlier than 10:00 AM**, staff will be in a training meeting until 9:50AM and will be unable to greet you early. Please remember that on the day you are picking up your child we ask that you be pick up your child at **1:00pm**.

Questions? Please call DYF at 925.680.4994

A Special Note About CONTAGIOUS DISEASES AT CAMP



PLEASE REVIEW IMMEDIATELY AND KEEP HANDY

Dear Camp Families,

We are so thrilled that your child will be joining us at Kamp T1D Kids. Staff and volunteers are working hard to make sure that your children will have an experience that will stand them in good stead.

Because your child’s safety and health is of utmost importance to us, we wanted to notify you of our contagious diseases policy. We are asking your family to play a critical role in helping us prevent pertussis and other communicable diseases such as Covid-19, H1N1, seasonal influenza, gastroenteritis, and measles, at camp. Here is how we need your help:

Given that infections are spread person-to-person, and tend to happen in congregate residential facilities please instill healthy hand washing and coughing habits at home. Please help us by teaching your children to “Cover the Cough” by coughing into their elbow (not their hands), and washing their hands before and after sneezing, coughing, and eating. Please try and limit their exposure to persons who are sick in the couple of weeks prior to camp.

- Please make sure that your contact information is up-to-date on our forms, and that your alternate emergency contact information is also up-to-date and will be reachable during the time your child is at camp.

Most Important*: We ask that you keep your child at home until 24 hours AFTER they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) and/or signs of fever (chills, feeling very warm, flushed appearance, or sweating). Children who are taking medications to reduce fever should not attend camp. Please keep your child at home if they are vomiting, have diarrhea, are experiencing bouts of coughing as described above, or you suspect they have any communicable illness.

For questions about communicable diseases and camp, please contact the DYF 925.680.4994.

We thank you for your support in helping to keep our camp community healthy, happy, and enjoying everything that the camp experience has to offer!

~ The DYF Staff Team

DIRECTIONS TO CAMP ARROYO

**5555 Arroyo Rd.
Livermore, CA 94550
925.324.1959**

From the East Bay

Take I-580 east towards Livermore
Exit Airway Blvd, Turn Right
Turn Right on Kitty Hawk Rd.
Turn Left on Concannon Blvd.
Turn Right on Arroyo Rd.
(Camp Arroyo is .4 miles past Wente Winery)
Enter through the brown cattle gate (on right hand side of street)

From Fresno

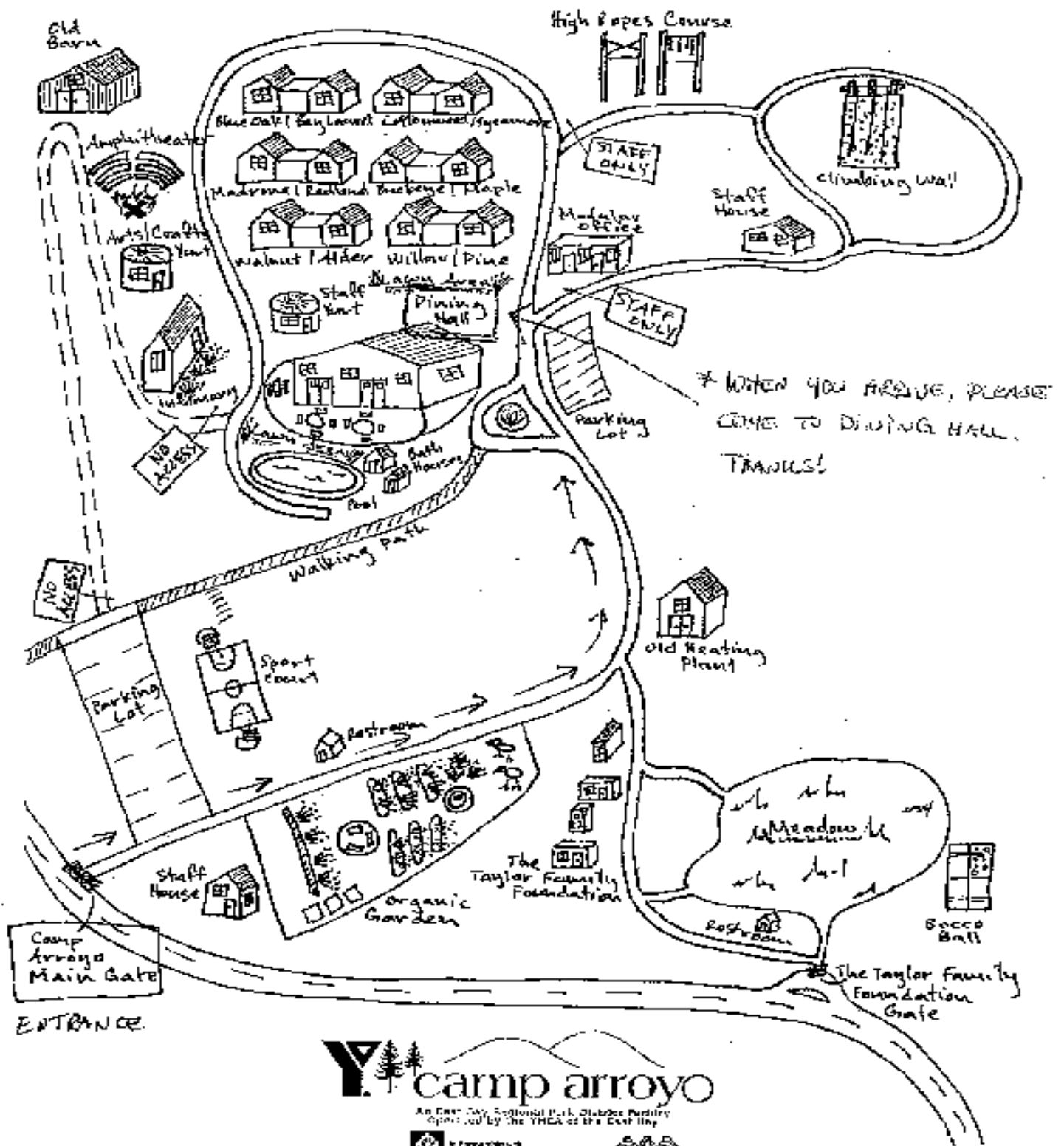
Take 99 North
Merge onto CA-152 West toward Los Banos/Gilroy
Merge onto I-5 North
Take I-580 West toward Tracy/San Francisco
Take the N. Livermore Ave. Exit
Turn Left under the freeway
Turn Right onto Portola
Turn Left on "N. L Street" (at the light) (N. L Street becomes Arroyo Rd at College Ave)
Continue on Arroyo Rd.
(Camp Arroyo is .4 miles past Wente Winery)
Enter through the brown cattle gate (on right hand side of street)

From South Bay

Take I-680 North towards Sacramento
Take CA-84 E exit toward Livermore
Merge onto Vallecitos Rd
Turn Right on Wetmore Rd.
Turn Right onto Arroyo Rd
(Camp Arroyo is .4 miles past Wente Winery)
Enter through the brown cattle gate (on right hand side of street)

LOST?

Please call DYF at 925.680.4994.



Y camp arroyo

An Ever Day Recreational Park, Outdoor Facility Operated by the YMCA of the East Bay



The Taylor Family Foundation



Lost? Call the DYF at 925.680.4994.

When you arrive, take the second gate entrance. You will travel up a long hill to the dining hall. Please park in the upper gravel lot and then come to the dining hall to be checked in. If you get lost please call DYF at 925.680.4994. Thanks!